



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01019, Cheese, feta

Report Date: June 22, 2017 11:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	55.22	--	1.126	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	264	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1103	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	14.21	--	0.515	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	21.28	--	0.893	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	4.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	493	--	42.411	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.65	--	0.148	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	19	--	2.199	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	337	--	15.985	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	62	--	5.702	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	917	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	2.88	--	0.202	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	15.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.844	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Niacin	mg	0.991	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Pantothenic acid	mg	0.967	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.424	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	125	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	125	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	422	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	16	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	14.946	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.775	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.573	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	1.977	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	1.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	2.761	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	5.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	1.488	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	4.623	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	3.975	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.637	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.803	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.395	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	1.219	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.675	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.668	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.470	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.397	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.639	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	0.779	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	2.421	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	1.378	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003